



Our Lady's Catholic High School

A National Teaching School



Friday, 16 November 2018

Our prayer theme next week: **Vigilance**

In this week's Gospel, Jesus tells us nobody knows what is coming next, they do not know the hour or the day. We keep vigilant and aware of those around us, aware of their needs and their struggles. This way we live for others and are vigilant for them.

Lord, help us to be vigilant about the needs of others. Help us to live today for other people, showing love, kindness and compassion always.

Amen.

WELLBEING AWARENESS WEEK

This week was the second well being week at Our Lady's. Pupils have been focusing on one of the five ways to wellbeing, Take Notice. Different activities have taken place during form time for all pupils.

ENRICHMENT DAY 1

Year 7's Enrichment Day provided the opportunity for the pupils to begin their links to St Peter Claver's school, and Tanzania. Their introduction came through a variety of activities including learning about the History and Geography, Tanzanian Sports and Games, they learnt a little tribal dance and music, made Maasai shield key rings and Tanzanian textiles. They even got to meet some of the animals native to Tanzania! With this knowledge and understanding they wrote pen-pal letters which will be exchanged with the pupils of St Peter Claver School in Tanzania.

Year 8 travelled to Rivington Pike to complete a sponsored walk. The theme behind the enrichment day was volunteering ourselves to help others. Every form has spent time researching various local charities that they would like to sponsor with all six forms choosing charities very close to their hearts. Pupils will now collect their sponsor money ready to invite a co-coordinator for each charity to be invited into school. A fantastic day was had by all.

Year 9 were looking at how healthy bodies, healthy minds and healthy eating impact on each other. The pupils experienced a variety of sessions over the day. Preston North End led sessions on the physiological, psychological and social benefits of sport with pupils doing a timed circuit session in teams. Lancashire Boys and Girls club brought in rowing machines, and other team building activities to look at the benefits of working together in a team. VRAI, led by Miss Gregson, looked at mindfulness and how training yourself to look at things in a positive manner can impact on your ability to achieve. Mr Bell and Mr Taylor led sessions on how exercise improves your cardiovascular health taking pulse readings before and after football and running activities. Other sessions explored healthy eating, how to make changes in your diet, lower sugar content and how to plan healthy meals and finally reflection and taking time to look after and believe in you own self. All pupils responded extremely well to the sessions and had a fun and educational day.

Year 10 explored themes and ideas connected to Christian Stewardship. Pupils had the opportunity to engage with topics such as Stewardship of: Relationships, Dignity, Sleep, Talents, Time, Ourselves, Creation, Resources. The day was an eye opener for some and gave them the chance to see things from another perspective. In addition it emphasised the duty that each of us has to care for ourselves, each other and the environment.

Year 11 experienced a day with a difference connected to the themes of relaxation and coping. They were able to take part in yoga, meditation and craft sessions, learn about how to deal with stress, be involved in team building exercises with the army and learn about resilience. Visitors from the army commented that our pupils were the best behaved and mature pupils they had experienced in many years of delivering such activities.

CAREERS INFORMATION TO SCHOOL WEBSITE

We have added a new careers section to our school website that can be found via the 'Information' drop down. Please take time to visit the pages as they provide useful information about upcoming events as well as an abundance of relevant supporting information and useful links. We would encourage you to use the website as a vehicle at home to promote discussion and help the pupils make informed decisions about the future.

CHILDREN AND YOUNG PEOPLE'S MENTAL HEALTH - LEVEL 2

During the summer holidays 13 of our staff members - teachers, teaching assistants and admin staff - completed their level 2 qualification in children and young people's mental health. This involved several hours of work and covered: factors which affect children's mental health, mental health concerns in children, the impact of mental health concerns and supporting children and families with mental health concerns.

FOOTBALL MATCH REPORTS

It was the second night of games for the **Year 7** football squad. Two teams travelled to Ashton to continue their seven-a-side fixtures. All of the players were keen to continue their superb start that they made to the campaign last week. Both teams were undefeated going into the night. It was another very successful and consistent set of fixtures for the squad. Our Lady's A team won all three games, scoring 13 goals without conceding. Our Lady's B won two and lost one, scoring 4 and conceding 1. It was a bittersweet result as it was Our Lady's A that beat Our Lady's B. Across both nights, the two teams have played six games each. Collectively they have won 11 and lost 1. Both have played great football and scored some wonderful team and individual goals. They have one night of fixtures remaining and both teams have their sights on reaching a league final in their first year at high school.

RUGBY MATCH REPORT

The team came together for the second time to play 3 mini games at Preston Grasshoppers on Thursday, 15 November in the Preston Schools' district competition. The boys were excited to experience more Rugby and began well against Broughton High School, scoring two tries early in the game as Reuben Gibbs jinxed through the defence with ease. Malachy McGuire worked hard at the breakdown, clearing out opponents to keep possession. Our Lady's won the first game 10-5. The team lost their second game to Archbishop Temple 10-0 as they couldn't quite cope with the speed of the opposition's winger. The third and final game against Ashton Science and Community College was a much closer affair. Our opponents won the game in the dying minutes after their powerful forward drove over the try line after we conceded a penalty deep in our half. The team thoroughly enjoyed their afternoon of Rugby and are looking forward to playing again in another 3 weeks.

YEAR 8 GIRLS' FOOTBALL MATCH REPORT

The Year 8 girls' Football team competed in a 6 a side tournament organised by Preston North End. There were 19 teams there in total and the standard was very high. The girls won against Moor Park 4 - 0 and Albany 2 - 0. However, they then lost 2- 0 to a strong Broughton side who went on to win the competition. They fought hard against Holy Cross unfortunately conceding a late goal making the score 2-1. This resulted in them finishing third in their group to go through to the plate in the knockout stage. They beat Broughton's second team after going to penalties, thanks to some great saves from Olivia Gregson together with equally fantastic strikes from Ellie Sumner and Alicia Scott. Unfortunately, they went on to lose 2-1 to Penwortham Priory. Overall, a great result and a very enjoyable competition. Well done to Millie Dixon, Tayla Finley, Olivia Gregson, Annie Heaton, Alicia Scott, Ellie Sumner, Kelsey Cocoran and Imogen Grant.

ANIMAL CARE SPONSORED WALK

On Saturday, 10 November 25 pupils, 8 parents, 4 dogs and 6 members of our staff walked 10km together from UCLan Sports Arena to Avenham Park to raise money for Animal Care at OLCHS. The walk had previously been postponed due to stormy weather, so we were very lucky to have clear blue skies this time; even if it was a little chilly! We look forward to seeing how much money has been raised to support the cost of our many animals in school, whom many of our pupils spend their lunchtimes working with!

WINTER SPECTACULAR

Tickets for the Winter Spectacular at St Bernard's Catholic Primary School have now sold out.

Dates to remember

Thursday, 22 November – Year 11 Parent/Carers' Evening – 4.00 pm until 6.30 pm
Tuesday, 4 December - CAFOD Advent Service – St Anthony's Church at 6.00 pm
Thursday, 13 December – Christmas Lunch
Friday, 21 December – school closes for Christmas at 12.45 pm
Monday, 7 January 2019 – school opens
Friday, 15 February 2019 – school closes for half-term
Tuesday, 26 February 2018 – school opens